Nation

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Québec

PKP and the PQ

by Lyle Stewart

Even before he announced he would be a Parti Québécois candidate in the April 7 provincial election, this campaign was already all about Pierre Karl Péladeau and his Quebecor media empire.

As the owner of almost half of all media in Quebec – in print, radio and television – PKP has over the past few years engineered the bizarre cultural panic here over religious minorities and the so-called accommodations they allegedly demand of the white-bread majority in the province.

The fact that a first-generation immigrant may have greeted customers at his tiny Montreal dépanneur in English merited lurid headlines on the front page of his tabloid *Journal de Montréal* and would lead the news broadcast of his TVA network over the last few years. His media threw massive resources into tracking down and denouncing anything or anybody that didn't narrowly conform to the dominant culture of white unilingual francophones.

That campaign set the stage for the PQ's horrific Charter of Secularism, the central issue of this election, and which would chase anyone with visible signs of minority religious faith out of public life. It's a drastic betrayal of the values of PQ founder René Lévesque, and the attempt to create a civic nationalism not based on race or faith.

So, while many commentators and opposition parties concentrate on Péladeau's power to affect news coverage as a future member of the Quebec government, the fact is that the damage is already done. His media have been campaigning and intentionally shaping political attitudes for years.

That explains why Péladeau repeatedly lied over the past year, even up to the eve of the election, about his political intentions. He needed to maintain the myth of media independence until forced to at least create the illusion of being hands off once he formally entered the election race.

As one of the richest, and most powerful, businesspeople in Quebec, no one should be under any illusion about his motivation to get his hands on the levers of political power here. Even as he busts unions and advocates devastating cutbacks to public services, Péladeau's business empire exists as a gift from taxpayers.

After inheriting Quebecor from his legendary father, Pierre Péladeau, Pierre Karl ran the multinational Quebecor World printing division into bankruptcy. But when the cable giant Vidéotron came up for sale, the PQ government of then-premier Bernard Landry forced the Quebec's pension fund Caisse de dépôt et placement to spend $3.2 billion to help Quebecor buy Vidéotron. Our investment is now only worth $1.7 billion, but for Péladeau, the cable company is a license to print money.

Now, of course, taxpayers are building a $400 million arena in Quebec City to give to Péladeau in his quest for an NHL team. Entrepreneurship? Not quite. This is crony capitalism at its worst. It's hard to imagine someone with a greater sense of entitlement.

Péladeau's influence has already led to dumping a PQ promise to update the labour code to forbid the kind of scab replacement labour he used to ride out the brutal two-year lockout imposed on workers at the *Journal de Montréal* in 2009. The PQ had pledged to stop this kind of labour abuse, but no longer. Also gone are last year's PQ promises to protect the environment, enlarge the public daycare system, raise mining royalty rates and to restore public faith in our democratic process. Not a coincidence.

As ludicrous as it may appear, in university Péladeau changed the first letter in his second name to honour his then-idol, Karl Marx. Now, of course, socialism – and, one could argue, the social good – is Pierre Karl's avowed enemy. If for no other reason, Pierre Karl Péladeau's poisonous influence on public life in Quebec should make electors hesitate before voting for the Parti Québécois on April 7.

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Montreal hip-hop artist and youth worker David Hodges

Roundtable Rock Stars

by Joshua Iserhoff

Greetings from Wemindji! The Roundtable on Capacity Building will have traveled to more than half of the Eeyou towns by the time this hits the stands. I am telling you these trips into your communities have been incredibly educational. We have had the privilege to work with the Cree Nation's elite. We have been fed, and I, being a picky eater nowadays, have never missed a feast filled with meat and nothing but meat – Phyllis Belanger, a wonderful cook at Waswanipi Elders Lodge would lovingly prepare my veggie meals! A true delight for one's meatless soul!

Louise Saganash, CHRD's "Capitaine" has been leading the Roundtable pack and we haven't stopped rocking the sports complex. If you haven't heard of the Roundtable on Capacity Building tour please open a Facebook account, or tune in your radio because we are live on JBCCS. My favourite time is when we have our full-day sessions with the high school students. I see so much potential in our youth and I know there are history makers in the crowd and future goofy comedians!

Recently we finished Waskaganish. As you may recall in my last column, I mentioned my stay in Waskaganish and that was almost 15 years ago. I couldn't believe half of the teachers I met are still in the Skag. Some have married Crees. To Robert Désilets, Ingrid McNeil, Jocelyn Genier (Hester), Marie Josée Beaudoin, Alain Lajoie, merci beaucoup pour votre passion, votre dévouement et pour avoir enseigné nos jeunes pendant toutes ces années. I applaud all teachers across Eeyou/Eenou Istchee.

Dr. David Suzuki was in Nemaska just the other day as a special guest for the Roundtable. He is nothing fancy, but what a speaker. *The Nature of Things* legend has not lost his touch for his love of the wild. His rider included a short ice fishing expedition on Champion Lake. Suzuki's Nemaska fishing guide, Jim Blackned, took him under his wing. Other famous stars such as singer David Hart and CFL great J.R. LaRose also took in the fishing day pass. I wonder if they caught any namehbee.

During my busy schedule, I had the honour to fly to Whapmagoostui and speak at the Aanischaaukamikw Cree Cultural Institute's *Mind's Eye* theatrical play and book launch. The actors are amazing and I am so proud of our Cree actors. Buckley Petawabano will be proud. Emily Masty's 30-year collaboration with Susan Marshall of the *Mind's Eye* book is a great achievement in our nation. Some of the stories are merciless, yet captivating. This book of legends and theatrical play is not one to be missed. Check your local listings or posters.

Our great nation is filled with talent that makes our nation what it is. We are busy. We are taking initiative to bring good insightful information to all of you. We have dynamic influential speakers who have graced their presence within the Roundtable tours. Robert Kanatewat of Chisasibi, one of the JBNQA negotiators, has been an inspiration to all of us as he has traveled almost to every community with us. I think of him as the Godfather of the JBNQA signatories. Truly grateful that he still rocks them jeans!

The future looks bright. We have stories to tell, young leaders to build, Elders to teach us. We are in good hands. Let your mind's eye always look forward.

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Jim MacLeod

Economic and environment leadership honoured with award

by Akiva Levitas

As president of EnviroCree and JA MacLeod Exploration, Jim MacLeod lends his vast experience in mining to help protect the environment, train workers and develop the Cree economy. For these reasons MacLeod is the recipient of this year's Skookum Jim Award for Aboriginal achievement in the mineral industry, presented at the annual Prospectors and Developers Association of Canada's (PDAC) award ceremony on March 4.

A stalwart in his community of Mistissini, MacLeod founded the Mistissini Geological Resources Centre, now known as the Cree Natural Resources Centre, where he currently serves on the board of directors. The centre helps the community harness its vast mineral wealth while maintaining a sustainable approach to environment rehabilitation and preservation.

Jim MacLeod receiving the Skookum Jim Award at the 2014 PDAC Mining Convention

MacLeod also serves on the board of the Canadian Aboriginal Minerals Association as a volunteer director where he has been working towards increasing the level of understanding of the mining industry within Aboriginal communities across Canada.

JA MacLeod Exploration provides services to mining companies in the early stages of development as they seek resources for funding and evaluating properties.

MacLeod's life's work is a key element of Mistissini's economic growth. His technical expertise in line cutting, staking, geological mapping and surveying to the various projects in the region puts him at the centre of major development projects.

> "But his concerns also emphasize respect for the environment and the traditions of the Elders. Through EnviroCree, MacLeod focuses on environmental impacts and coordinates efforts to decontaminate mine sites."

But his concerns also emphasize respect for the environment and the traditions of the Elders. Through EnviroCree, MacLeod focuses on environmental impacts and coordinates efforts to decontaminate mine sites. EnviroCree also provides advice to create beneficial agreements between mining companies and Cree First Nations communities regarding fishing, hunting, and environmental regulations specific to Eeyou Istchee as well as respecting the community's traditions.

As the region continues to grow, MacLeod continues to apply his knowledge and experience in the mining industry to better serve the Cree community of Eeyou Istchee. We congratulate him for his work and his reception of the award and hope to see the next generation of young Aboriginal entrepreneurs follow in his footsteps.

Recognition of Acquired Competencies Program

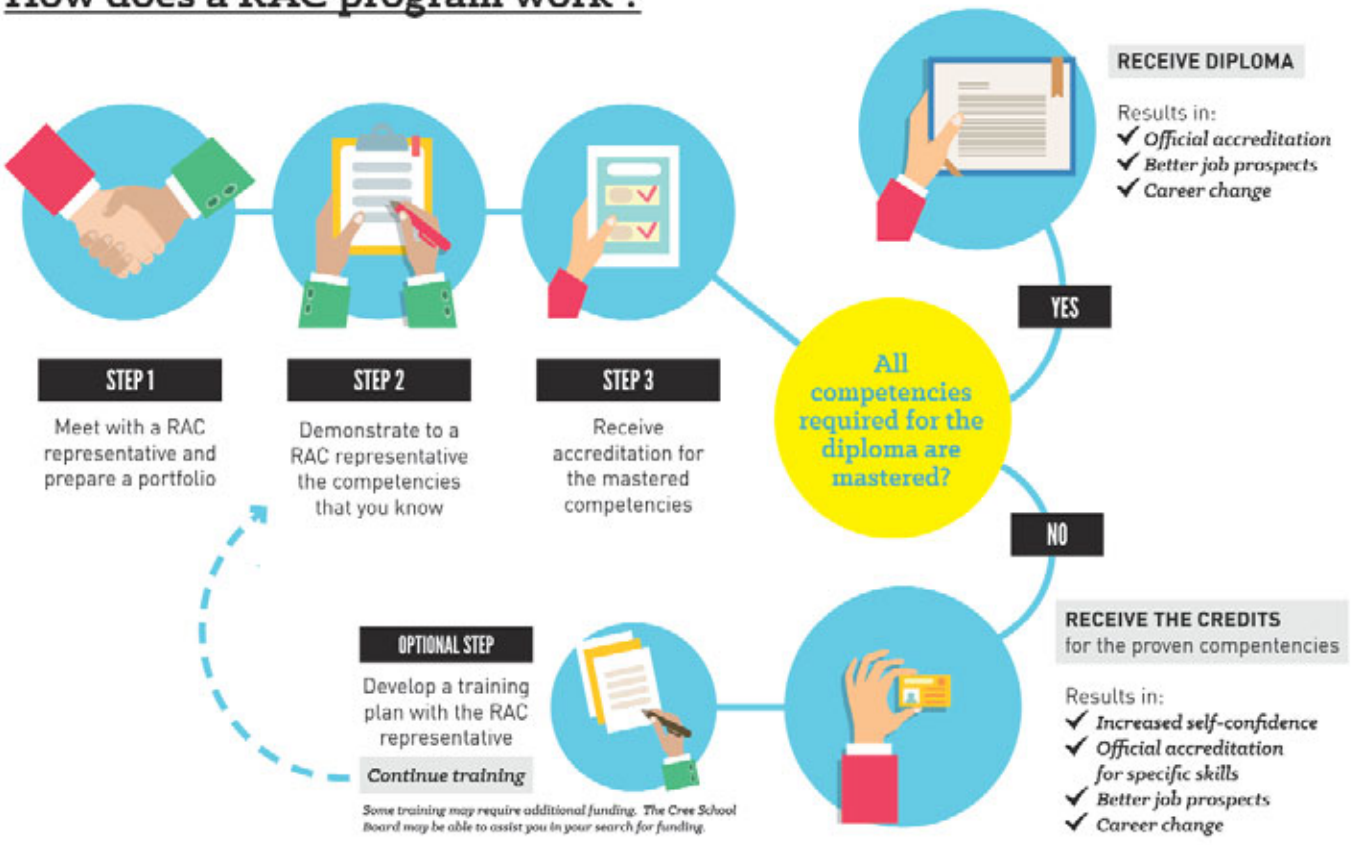
Sabtuan Adult Education Services at the Cree School Board is now offering **Recognition of Acquired Competencies (RAC) Programs**. Cree beneficiaries can now receive academic credit for skills acquired outside of the classroom through personal, volunteer, or on-the-job experience in the areas of:

There are no costs associated with recognizing competencies and developing an individualized training plan. The Cree School Board may be able to assist individuals in searching for funding if there are costs for additional training.

Contact Katherine Garven at kgarven@cscree.qc.ca

if you are an individual, an organization or a company and would like to make a RAC request or obtain additional information.

How does a RAC program work ?


STEP 1
Meet with a RAC representative and prepare a portfolio
STEP 2
Demonstrate to a RAC representative the competencies that you know
STEP 3
Receive accreditation for the mastered competencies
All competencies required for the diploma are mastered?
YES
RECEIVE DIPLOMA
Results in:
✓ Official accreditation
✓ Better job prospects
✓ Career change
NO
RECEIVE THE CREDITS
for the proven compentencies
Results in:
✓ Increased self-confidence
✓ Official accreditation for specific skills
✓ Better job prospects
✓ Career change
OPTIONAL STEP
Develop a training plan with the RAC representative
Continue training
Some training may require additional funding. The Cree School Board may be able to assist you in your search for funding.

Caribou confiscated over poaching suspicions

by Jesse Staniforth

Chisasibi hunter James Hill didn't think he was breaking any laws when he shot 20 caribou to share with Innu residents of La Romaine reserve on the North Shore of the Gulf of St. Lawrence. They wanted to provide their community with meat, but under present rules, they weren't allowed to hunt caribou. In Chisasibi for a series of exhibition hockey games, the Innu asked Hill if he could do it for them.

Hill harvested the animals over a day and a half in the last week of February as his Innu friends watched.

"They helped me gut them after I shot them," he said, "Then they pulled them to the road, and they put them away. It was easy: they did all the work."

For the Innu, that's where their troubles began. During the six-hour drive back to their home community, they stopped in Chibougamau, where their cargo got the attention of provincial game wardens. The meat of all 20 animals was confiscated.

Hill learned of the incident when he received a call from Cree game warden Thomas Sutherland.

"He called and asked me if I killed caribou for those guys. I told him I did, and that I'd asked Cree Trappers and they said okay, no problem. He asked me how many I shot. I said 20."

It was important, Hill underlines, that he did not ask to be paid for the hunting. He was simply doing it as a favour, and as a gesture of respect from one community to another.

"I was just giving it to them, because that's the way Native people like to share," he said.

According to Hill, Sutherland told him that the situation would be okay. He spoke with another friend who said that most likely the caribou would be given back. "Because they weren't poaching: it was sharing. It was given to them by us."

Hill said the situation angers him.

"I'm hunting on Category I lands, I'm a band member," he said. "I figured everything should be okay. I didn't think that would happen. You figure, you're all First Nations, you're in Quebec. You're on Cree land."

> "I was just giving it to them, because that's the way Native people like to share."

At press time, calls to the Chisasibi Wilderness Protection had not been returned. Meanwhile, calls to the provincial Ministry of Natural Resources had resulted in a confusing series of conversations that ended with a referral to a communications officer in Quebec City who, at press time, had not returned any calls. No one in the Chibougaumau office said they were able to discuss the case with *the Nation*.

Hill said he consulted the Cree Trappers Association before going hunting.

"They said it would be okay," he said. "The Innu bought me bullets. I didn't ask for any money. There were lots of guys – they wanted the meat for the community, to give it out."

Hill said he simply wanted to help. Innu communities on the North Shore are close to the George River caribou herd, which has been in drastic decline since the early 1990s. Where once the herd numbered nearly 800,000, by 2011 it had dwindled by more than half, while the portion of the herd north of Ungava Bay had dropped from 775,000 in the early 1990s to less than 100,000 in 2010. The herd's numbers may still be dropping. For that reason, hunting of caribou has been banned until the herd can bring its numbers back up.

By contrast, Chisasibi is located in the home territory of the Leaf River caribou herd, which has also seen a decline in its numbers, but nothing as drastic as the George River herd's dropping population – it has only decreased by about 30%, from over 600,000 in 2001 to 430,000 in 2011.

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Three stories of loss and redemption

A sense of loss underpins Robert Morin's *3 Histoires d'Indiens*, a French-language film set for release on April 11 that follows the journey of five First Nations youth living in a small community. The three stories Morin recounts highlight the struggle against the loss of family members, of our senses, of our connection to one another and the natural environment.

Morin begins his story with Éric Papatie, an intrepid videographer who goes about his days seeking a greater connection to his community. Looking through discarded trash piles for parts, Éric works towards his dream of running his own TV channel. The feeling of disconnect continues as we are introduced to Shayne Brazeau, who is struggling to come to terms with his loss and finds respite through classical music as he wanders between a nearby mining town and his community.

Also looking for a deeper meaning in their lives are three sisters, Shandy-Ève Grant, Marie-Claude Penosway and Alicia Papatie-Pien, who form a cult inspired by Algonquin-Mohawk Saint Kateri Tekakwitha. Searching for a way to help their blind sibling regain her eyesight, the three sisters set off to build a shrine and pray for their salvation, but their journey does not come without sacrifice.

The lineup of actors from *3 Histoires d'indiens*

As *3 Histoires d'Indiens unfolds*, the characters are brought to life through their actions and their search for meaning in the modern world. Weaving the three tales into a single film does cause some confusion, as there is no separation between the stories. But as their individual tales evolve, the main theme of the film shines through.

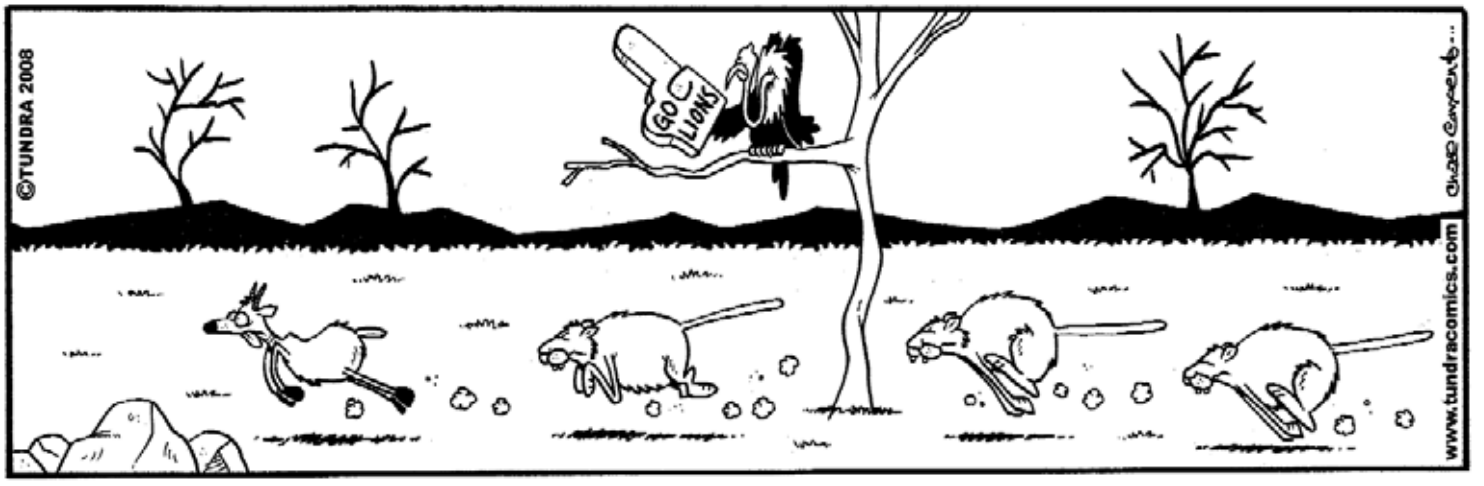
Koostachin Superhero unveiled

Late last year, DC comics artist Jeff Lemire announced that he was in the process of creating a new Cree superhero based on late Attawapiskat activist Shannen Koostachin.

Koostachin, who died in a car accident in 2010, was renowned for her tireless work to improve conditions for youth in her home community, and was nominated for an International Children's Peace Prize.

Earlier this month, Lemire released an image of the new superhero online. Although the character's name and superpowers have yet to be determined, Lemire is in the process of conducting a contest amongst students that will determine the heroine's abilities.

Koostachin's character will appear alongside Green Arrow, Supergirl, Hawkman and other famed DC heroes in Justice League United.



Adrian Baribeau

Snapping to it

Mamtunaata SNAP project evolves into a permanent program

by Amy German

Introduced in Eeyou Istchee in 2011, the Mamtunaata SNAP program teaches life skills to elementary school children and has since ushered in a world of behavioural improvement and support for families and kids alike.

According to Donald Nicholls, the Director of Justice and Correctional Services for the Grand Council of the Crees/ Cree Regional Authority, the idea was to provide everyday life skills programming for children aged 6 to 11.

"We wanted to make an impact in the community and we wanted to make sure that there were safer school environments," said Nicholls. "One of our objectives was to help people get on a healthier path earlier in life. We believed that if we had programs to help people with life skills, it would help them make better decisions early on in their lives and provide support so that they wouldn't make bad decisions later in life that could lead them to conflict in their families, in their schools and in the community or with the legal system."

Looking for an effective program that would a good fit with Aboriginal communities, Nicholls turned to the Child Development Institute in Toronto. The Institute's Stop Now and Plan (SNAP) program is a cognitive-behavioural program designed to help children regulate angry feelings by getting them to stop, think about the consequences

of their behaviour, and plan positive alternatives before they act impulsively.

While this program had previously only been offered in urban environments, the Department of Justice was able to adapt it so that it could be delivered in Cree and incorporate the values and customs of Eeyou Istchee while still adhering to the program's standards.

Developing this program for the Crees and with Cree values attracted national and international attention.

After consulting with the communities and their Elders, the program re-emerged under the moniker Mamtunaata SNAP. This version incorporated important cultural aspects, such as sharing circles, respect for the land and animals, accepting guidance and wisdom of Elders, and the importance of family and community strength.

According to Dorothy Nicholls, who served as the project's coordinator, the name was chosen because Mamtunaata (stop and think before you do something) was the closest they could get to Stop Now and Plan.

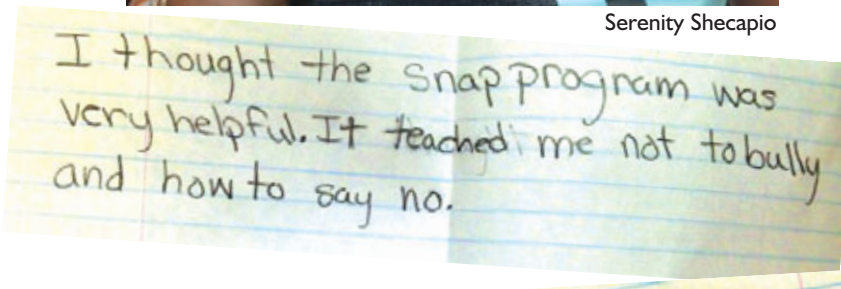
"This is a saying that we all heard from our Elders when we were growing up. A grandfather would go by and if you were doing something he would say 'mamtunaata,' think about what you are doing," said Dorothy Nicholls.

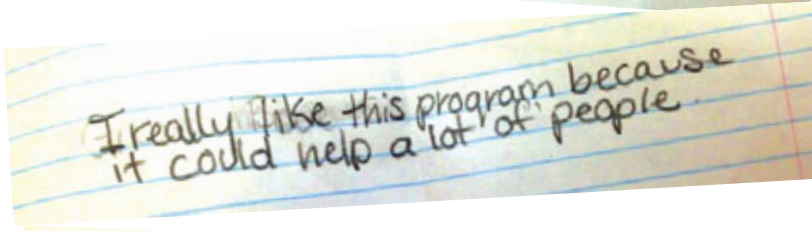
Pilot programs in Mistissini and Waswanipi in 2011 addressed children who were referred to by parents, teachers and local police. Participating children were getting into trouble at home, school or in the community.

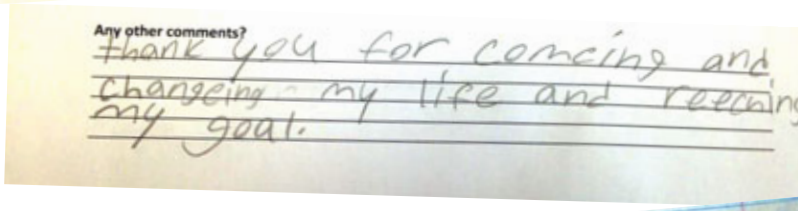
Parents and teachers of the referred child answered a list of 130 questions about the child's behaviour before and after the 12-week program to help chart the changes within the child. Simultaneously, evening programming was offered to parents to learn the same lessons as their children and how to support their offspring during the program.

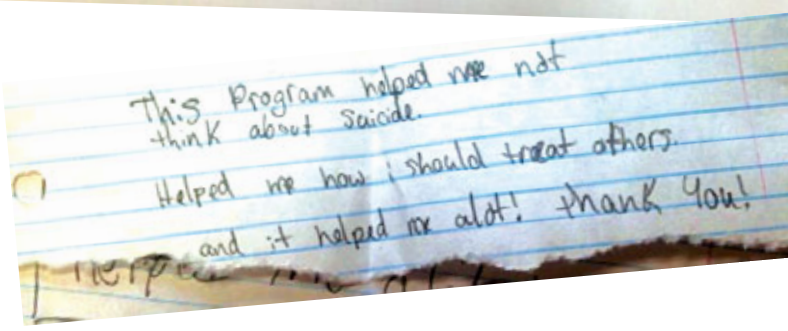
According to Donald Nicholls, by the second year of the program they started to see families wanting all of their children enrolled in the program because of the kinds of lessons and support that come with it.

Serenity Shecapio









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"They are life skills lessons and parenting lessons on supporting change and supporting children who may have conflicts wherever in their lives. For us, you could see the difference from where you started off the lesson," said Donald Nicholls.

"At the beginning the children could be anxious or distracted but then throughout the program you would see the behaviour and the nature of that child change completely and the number of incidents diminish in school and at home."

According to Celina Jimikin, a childcare worker and program facilitator, SNAP may initially been challenging since many parents had the impression that only "bad kids" go through this, when it is not the case. Once the results became evident in homes and classrooms, the program developed a waiting list.

"It is really for everyone. Even I use this program for everyday skills when I am going through a crisis, I use my SNAP. It isn't just for kids," admitted Jimikin. "It teaches you how to think before you act."

Sheena Costain, a Community Program Support Worker who has worked alongside Jimikin, said a major component of the program is to help individuals understand their own emotional process to be able to change the outcome.

"If they are up against a situation where they feel themselves getting angry it was getting them to process that and understanding their emotions and triggers so that they would know when they were getting upset and then getting them to calm down physically and psychologically," explained Costain.

"It was also about getting them to understand what was going on in their minds. If they were having negative thoughts, it was helping them to switch those to positive thoughts and getting them on a plan to keep their problems smaller."

When the clinical phase ended in October 2013, over 100 Cree children had graduated from the 12-week program and hundreds of others had participated in SNAP sessions in classrooms or through various other programs. Then the project took on new life as 50-minute workshops (called troubleshooters) developed to be offered in schools throughout the region in 2014.

Danielle Swallow

Since results showed a decrease in problematic behaviour and an increase in pro-social behaviour, it was decided that regional program officers would deliver the program in every community.

While the program underwent a hiring process so that it could be expanded into all nine communities, Costain and Jimiken decided to expand on another aspect of the program that focused on anti-bullying.

Setting up the SNAP Anti-Bullying Club, the two workers created a group of about 40 children from Grades 3-6 picked by teachers based on who would benefit from it the most, such as those who bullied and those being bullied.

"Though we do a bullying topic, we wanted to go into it deeper and make it about the kids," said Costain.

Teaching them how to identify different bullying scenarios and then how to diffuse them personally or through the aid of an adult, these children have since become "PeaceMakers" throughout the school in Mistissini where it is being piloted.

According to Costain, while this program has already won over the children participating in it as they work for positive change in their own school, if the project is successful, it will be expanding to the other Cree communities as well.

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Spring cooking

Two new cookbooks to bring you into next season

by Amy German

While the snow may still be blowing as we move officially into spring, we'll soon start craving the flavours that come with the change of season.

For anyone looking for new spring inspirations on their dinner table, Penguin Books has two wonderful new books to inspire your desires.

Coming from two completely different aspects of cuisine, *Thrive Energy Cookbook* by Brendan Brazier is all about plant-based diets that offer nutrition to the max. Meanwhile, grilling expert Ted Reader's *Gastro Grilling* offers savoury suggestions that will have the family racing to the dinner table.

To whet our appetites, Penguin Canada sent us several samples of the fine goods within these new publications.

From *Gastro Grilling* we offer two delicious recipes – smoked and grilled beef ribs, and planked meatloaf.

Smoked & Grilled Beef Ribs with Beer Schmeer

This is an unusual way to make a barbeque sauce, but it's the best way to add real smoke flavour to your homemade sauces rather than using liquid smoke. In a hot, heavy pan you will dry roast wood chips over high heat until they begin to brown and smoke. The rest is easy. Serves 2 to 4

What you need: cast iron frying pan, about 3 inches (8 cm) deep; hickory wood chips; strainer; 1 large foil grill bag or heavy-duty aluminum foil

Beef Back Ribs

1 rack meaty beef back ribs (approx. 3 to 4 lb/1.4 to 1.8 kg), 6 to 7 bones

3 tbsp (45 mL) Steak Spice, plus extra for grilling

1 + 1 bottles (12 oz/341 mL each) Alexander Keith's Amber Ale

Beer Schmeer

1 cup (250 mL) chili sauce

2 tbsp (30 mL) Worcestershire sauce

4 tbsp (60 mL) Dijon mustard

2 tbsp (30 mL) extra-hot prepared horseradish

½ cup (125 mL) molasses

8 cloves garlic, minced

¼ cup (60 mL) cold butter, cut into small cubes

Salt and freshly ground black pepper to taste

Cut the beef ribs into 1-bone segments. Season the beef ribs all over with Steak Spice, pressing the steak spice into the meat. Place the beef ribs in a self-sealing bag and pour in 1 bottle of beer. Seal bag, removing as much air as possible, and refrigerate to marinate for 4 hours.

Fire up your grill 350-450°F (180-230°C). Set grill for both direct and indirect grilling.

To make the Beer Schmeer, place cast iron frying pan onto the burner to get hot. When it is smoking hot, pour in the hickory wood chips and shake the pan to move the wood chips around to allow them to get hot and begin smoking and browning. This may take a few minutes.

When the wood chips begin to brown and smoke, slowly pour the second bottle of beer into the pan. Allow the beer to boil and reduce by half with the wood

Beef Back Ribs

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chips in there. This will extract the smoky flavor from the wood and infuse it into the beer. Remove from direct heat and add the chili sauce, Worcestershire sauce, Dijon mustard, horseradish, molasses and garlic. Return to the fire and bring to a boil, stirring. Remove from heat and stir in the butter, one or two cubes at a time, until it is incorporated into the sauce. Strain, discarding wood chips, and set aside, keeping warm.

Reduce your grill to 250-350°F (120-180°C). Set grill for indirect smoking/grilling.

Remove beef ribs from marinade and season with a little extra Steak Spice. Rub it in. Place beef ribs in grill indirectly, add a handful or smoking chips and smoke ribs for 2 hours, basting with Beer Schmeer during the second hour of smoking and monitoring the temperature and adding more smoking chips as necessary. Remove beef ribs from grill, baste with a little extra Beer Schmeer and wrap 3-4 bones together in a double thickness of aluminum foil. Repeat with remaining beef ribs. Place on grill, close lid and cook for 45-60 minutes, turning the bag or foil package every 15 minutes, until ribs are fully cooked and tender. Remove the foil-wrapped beef ribs from the grill.

Now turn your grill up nice and hot, approx. 550-650°F (290-345°C).

Unwrap ribs and place on the grill. Allow ribs to char and baste with extra Beer Schmeer. Remove from grill and dig in.

Planked Meatloaf & Mashed Potatoes with Beer BBQ Gravy

Who doesn't love meatloaf and mashed potatoes with gravy! My version is done on the grill.

Serves 8

What You Need:

Maple grilling plank (12 × 8 × ½ inches/30 × 20 × 1 cm), soaked in water for a minimum of 1 hour

Mashed Potatoes

6 large gold-fleshed potatoes (approx. 1½ lb/675 g)
1 stick (4 oz/115 g) unsalted butter, at room temperature
3 tbsp (45 mL) sour cream
½ cup (125 mL) grated white cheddar cheese
2 green onions, minced
Salt and pepper to taste

Meatloaf

2 lb (900 g) ground beef chuck
2 tbsp (30 mL) butter, softened
1 cup (250 mL) sweet onion, finely diced
6 cloves garlic, minced
½ cup (125 mL) crispy fried shallots (you can find this already prepared item in ethnic grocery stores)

Planked Meatloaf & Mashed Potatoes with Beer BBQ Gravy

Roasted Red Pepper & Sweet Potato Soup

1 tbsp (15 mL) Dijon mustard
¼ bunch fresh parsley, chopped
3 tbsp (45 mL) freshly grated Parmesan cheese
Beer BBQ Gravy
4 tbsp (60 mL) butter
2 sweet onions, diced
1 tsp (5 mL) garlic, chopped
¼ cup (60 mL) all-purpose flour
½ cup (125 mL) Hoegaarden
1½ cups (375 mL) beef stock
½ cup (125 mL) your favourite gourmet-style barbeque sauce (I use my Beerlicious™ BBQ Sauce)
Salt and freshly ground black pepper to taste

Fire up your grill to 350-450°F (180-230°C).

To make mashed potatoes, place potatoes onto grill, close lid and roast for 45-60 minutes, until flesh is soft all the way through when pierced with a skewer. Remove the potatoes from grill and allow to cool slightly. Cut each potato in half, scoop out the hot flesh and place in a bowl. Mash the potatoes. Add butter, sour cream, cheddar cheese and green onion. Season to taste with salt and black pepper and mix well. Cool, cover and refrigerate for 4 hours or overnight.

To make meatloaf, in a large bowl, combine ground beef, butter, onions, garlic, crispy fried shallots, Dijon mustard, parsley and Parmesan cheese. Mix well.

To make the Beer BBQ Gravy, melt the butter over medium heat in a small saucepan. Sauté the onions and garlic for 2-3 minutes or until tender and transparent. Add the flour and cook, stirring constantly, for 4-5 minutes, being careful not to burn the flour. Add the beer and beef stock, ½ cup (125 mL) at a time, stirring constantly, until smooth and thickened. Stir in the barbeque sauce, salt and pepper. Reduce heat to low and simmer

Chia Blueberry Maple Pudding

for 10-15 minutes, stirring occasionally. Strain and adjust seasoning. Set aside.

Remove grilling plank from water and pat dry with paper towels. Form a meatloaf log that runs the entire length of the plank on one side, leaving a 1-inch (2.5 cm) border from the edge of the plank. Make sure to pack the meat tightly together. It is important to keep it well packed so that it stays together and gives you a better bite when fully cooked.

Remove mashed potato mixture from refrigerator and allow it to come to room temperature. Mix it up and form it into a log beside the meatloaf, making sure it is about the same size and shape of the meat loaf.

Cover and refrigerate to rest for 1 hour.

If you turned your grill off, fire it back up to 350-450°F (180-230°C). Place planked meatloaf and mashed potatoes on the grill, close lid and plank for 10 minutes. The plank will start to smoke and crackle.

Reduce heat to medium to medium-low and continue to cook meatloaf for 20-30 minutes longer, until the meatloaf is fully cooked (internal temperature 160°F/70°C) and the mashed potatoes are golden brown and hot on the inside and crispy on the outside. Remove from grill. Allow to rest for 10 minutes.

While the meatloaf and mashed potatoes are resting, reheat the Beer BBQ Gravy.

Slice the meatloaf and scoop the mashed potatoes onto plates and serve immediately. Top with Beer BBQ Gravy.

And from the Thrive Energy Cookbook we have the following soup recipe.

Roasted Red Pepper & Sweet Potato Soup

Well-balanced flavour and clean carbohydrate make this soup a delicious, functional favourite.

Serves 6 to 8

Prep Time: 25 minutes • Special Equipment: immersion blender or blender

2 large sweet potatoes, peeled and cubed
1 cup (250 mL) chopped onions
¼ cup (60 mL) grapeseed oil
Sea salt and freshly ground black pepper
1 cup (250 mL) chopped celery
1 cup (250 mL) chopped carrots
3 or 4 cloves garlic, minced
4 large roasted red peppers, coarsely chopped
4 to 5 cups (1 to 1.25 L) vegetable stock
1 cup (250 mL) coconut milkr
Large handful of fresh sweet basil, thinly sliced

Preheat oven to 375°F (190°C).

Place the sweet potatoes and the onions on a baking sheet. Drizzle with a little of the grapeseed oil. Season with salt and pepper to taste. Toss to coat. Roast for 20 minutes or until golden. Set aside.

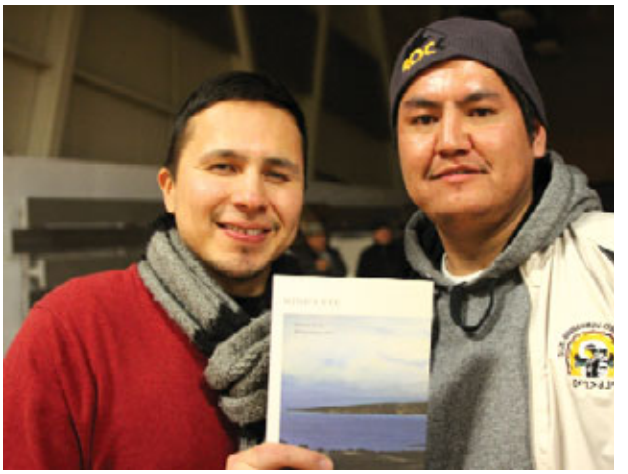
Heat the remaining grapeseed oil in a stockpot over medium-high heat. Add the celery, carrots, garlic and salt to taste. Stir in the roasted peppers and sweet potato mixture and cook on medium for 10 minutes.

Add the vegetable stock and coconut milk. Season with salt and pepper. Increase heat to high and bring to a boil. As soon as it starts boiling, reduce heat to a simmer. Simmer soup, uncovered, for 15 to 20 minutes. Remove from heat.

Using an immersion blender or blender, puree the soup to the desired consistency. Adjust seasoning.

Stir in most of the basil, reserving a few leaves for garnish. Adjust seasoning. Serve garnished with the remaining basil leaves.

Joshua Iserhoff and Emily Masty



Wayne Neegan and Redfern Mianscum holding a copy of the book *Mind's Eye*

Ancestral legends

Mind's Eye premieres in Whapmagoostui

by Jeremy East

Cree folklore played out on stage for the first time this month, as the theatrical production *Mind's Eye* premiered in Whapmagoostui to a multi-generational audience.

As the lights in the Whapmagoostui gymnasium dimmed, Oujé-Bougoumou's Redfern Mianscum moved to the centre of the stage, lit by a bright yellow drum representing the sun overhead. Playing an Elder, Mianscum was the play's narrator, guiding the audience in Cree through the legends that make up *Mind's Eye*.

One of the stories revolves around a young Cree man struggling to understand his place in the world after years of unsuccessful hunting. Wayne Neegan of Constance Lake First Nation played the role. As the story moved seamlessly from light-hearted and funny to reflective and emotional, the cast and crew (many of them performing for the first time) captured the attention of their audience.

"For young people to see this art form, it gives them a better understanding and grasp of how these stories were expressed, because many never get the chance to hear them," said Neegan.

As young audience members gathered at the front of the crowd to take in the spectacle, Youth Grand Chief Joshua Iserhoff was quick to point out the potential opportunities that productions like *Mind's Eye* bring to aspiring Cree actors and artists.

"This will open doors," Iserhoff told *the Nation* after the show. "The youth here, they just gravitated to it. This could be the next big thing for young people in the Cree Nation."

Based on a book of the same name by Emily Masty and Susan Marshall, the play retells several Cree legends in a combination of Cree and English. Masty was on hand in her home community to watch the opening performance, and spoke to the audience about the work that went into it.

The cast and crew leaving Whapmagoostui

"I'm thankful that I had the chance to collect these stories from the Elders while they were still

living. Many were almost lost, but now we can share them for many generations to come," said Masty.

Following the performance, Chief Stanley George presented members of each household with a copy of Masty's book.

"When I first read the book I could visualize certain areas that were talked about because I've been there," said George. "People were in awe to see things like the shaking tent, the sweat lodge, the big drum and other symbols on stage. I hope the communities start to understand that this is not something evil. These are important teachings that our ancestors kept for their survival. It isn't a form of religion at all, the Cree are earth-honouring people and that is what it represents."

As the production travels through the rest of Eeyou Istchee, Neegan noticed that there was some audience apprehension regarding the depictions of traditional ceremonies.

"I do feel sorry for those who take a negative perspective on such an important part of history. But this play isn't about judgement; it's just about showing the people a piece of history and their ancestors' way of life. And we invite everyone to come out and see it," said Neegan, noting the high degree of interest that the performance generated among youth in every community.

Eastmain's Alice Gilpin was one of the many Cree individuals involved in the production. It was Gilpin's first appearance in a professional play.

"I hope that this play encourages the youth to get involved in theatre," said Gilpin. "This is the first time that many of us have seen a performance that represents our communities. It has the potential to inspire."

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Waswanipi's last paradise

Crees and Greenpeace ally to fight for park in Broadback Valley

by Lyle Stewart

Crees and environmentalists are teaming up to force a vital conservation issue onto the agenda of the provincial election campaign: protection of a key part of the Broadback Valley in a new provincial park.

During a snowmobile journey through the region with journalists March 10 to 14, representatives of Waswanipi Cree First Nation and Greenpeace made the case for protection of the last untouched region of Waswanipi territory.

"This is the last intact forest that we have," said Waswanipi Chief Paul Gull. "We have been trying to get governments to commit to preserving this area for 20 years. This election campaign is the time for candidates of all parties to go on the record over this issue."

"THIS IS THE LAST PARADISE IN WASWANIPI. THE WATER THERE IS VERY CLEAR. IT HOLDS THE LAST BREEDING GROUND FOR SPECKLED TROUT, THE ONLY ONE WE HAVE OF THAT SIZE IN THE REGION. WE NEED TO KEEP IT AS NATURAL AS POSSIBLE."

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More than 90% of Waswanipi territory has already been affected by resource extraction activities. The Broadback region hosts the community's remaining four traplines, Gull added.

"We're trying to look at the future, so that we can tell our youth that we protected our last traplines," he said. "This is the last paradise in Waswanipi. The water there is very clear. It holds the last breeding ground for speckled trout, the only one we have of that size in the region. We need to keep it as natural as possible."

Timing is of the essence, Gull added. Since the effort to push for a park began, mining companies have engaged in a frenzy of claims in the region, not necessarily because they expect to establish mines, but to obtain compensation for giving up their claims.

Waswanipi, with its important logging interests, also is making an economic sacrifice. "But the economy can work through preservation as well," noted Gull. "There will be increased tourism and a need for conservation officers for the park."

> "THIS IS REALLY A STORY ABOUT THE CREE WAY OF LIFE AND HOW IT IS THREATENED BY ADVANCING LOGGING ACTIVITIES ON THEIR LAND."

Greenpeace Quebec spokesperson Nicola Mainville said the area is a prime example of one of the last intact forests in Quebec. "It's a hot spot in terms of conservation potential," Mainville said.

Greenpeace published a report on the region in 2009 using satellite imagery to compare 12 key conservation values. The valley scored very high on important criteria, including the density of carbon in the soil and for fauna.

The valley is an important home for three caribou herds. A joint Cree-Ministry of Natural Resources study two years ago revealed the fragile state of caribou in the region and concluded that more roads and resource extraction would drastically decrease their chances of survival.

"This is really a story about the Cree way of life and how it is threatened by advancing logging activities on their land," Mainville observed. "That's why we are inviting people to visit. We want to show them the beauty of the land, the traditional Cree way of life and the connection between the two."

In 2010, logging companies agreed to moratorium on logging in a 13,000 square kilometre parcel of the valley while the provincial government studied the issue. Now, Mainville emphasized, it is time for government to act before it is too late.

I've got you, BAPE

Environmental panel set to begin hearings on uranium mining and exploration

by Jesse Staniforth

It was an announcement everyone had been expecting for nearly a year. On March 3, Quebec's Minister of Sustainable Development, Environment, Wildlife and Parks, Yves-François Blanchet, confirmed that the Bureau d'audiences publiques sur l'environnement (BAPE) had been given the mandate to explore the impact of uranium exploration and extraction in Quebec via a series of public hearings across the province.

In a rare moment of agreement, both the Grand Council of the Crees and Strateco Resources Inc., whose Matoush uranium project hangs in the balance, welcomed the announcement.

In a Grand Council press release, Grand Chief Matthew Coon Come called the BAPE "a crucial first step in an important process…. A broad, independent and rigorous study of the uranium industry in Quebec is urgently required. We intend to participate fully in the BAPE process, to ensure that it meets these high standards. We are confident that when Quebecers learn and consider the true facts about uranium mining and uranium waste, they will join us in our permanent moratorium stand."

The next day, a Strateco release also supported the BAPE, saying the company, "intends to be very active throughout the process, and hopes that the independent study, conducted by Université Laval researchers on the state of the art of exploration and uranium mining in Quebec and related impacts and mitigation measures, will lay out rational, scientific facts and set the ground for stakeholder discussion."

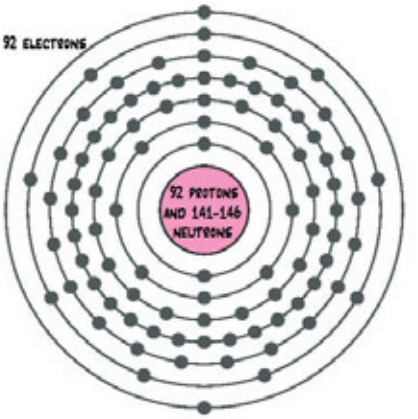
Strateco went on to suggest that opposition by Mistissini and the Grand Council to uranium development in its traditional territory was due to an "entrenched" position that was contrary to facts. The Grand Council, in contrast, underlined that "the Cree Nation's opposition to [uranium exploration, mining, milling and waste emplacement in Eeyou Istchee] is based on the serious risks uranium poses to the environment and to human health. Uranium exploration and mining places a burden on future generations that the Cree Nation is not prepared to assume."

"We took the position that BAPE doesn't have any jurisdiction in the Cree territory, unless the Crees sign an agreement with BAPE," explained Grand Council Executive Director Bill Namagoose. "And that agreement has now been signed between the Grand Council of the Crees/Cree Nation government and the Quebec government. So we will be part of, but separate and distinct from, the BAPE process, and Cree rights will be respected."

As a result of the agreement between the Grand Council and BAPE, Namagoose said, BAPE will comply with Sections 22 and 23 of the James Bay Northern Quebec Agreement (JBNQA), which guarantees Crees the right to protect JBNQA territory from development they consider to be environmentally and socially unacceptable.

Uranium is specifically a Cree issue, Namagoose pointed out, because no other area of the province has a serious uranium exploration or mining site.

"Most of the uranium exploration and mining takes place in the Eeyou Istchee," Namagoose said. "So it's outside of BAPE's jurisdiction." He adds, however, that because of the agreement between the Grand Council and



BAPE, the process is being allowed to consider uranium mining in Eeyou Istchee – namely the Matoush project in the Otish Mountains. Nonetheless, BAPE's power remains limited.

"If BAPE says that it's okay to proceed with mining uranium, and there's a uranium mine that's scheduled to open in Cree territory, it would still be subject to Section 22 of JBNQA," explained Namagoose. "If they don't have social acceptability, they cannot proceed. This is what Strateco is now contesting. They have the right to contest, but this is a treaty provision that says that if you don't get a permit, you should go away."

BAPE does not deal with specific projects on an issue-to-issue basis. Rather, it sets out policy orientation, and its hearings about uranium will determine whether or not uranium exploration and mining will be generally acceptable in the province of Quebec.

"The Crees have a no-uranium-mining position in our territory. It's not a government decree, it's a decision of the Cree Nation," Namagoose said. "If they say uranium mining can go ahead, we will still oppose it. We don't care what the BAPE review says. We'll still have Section 22."

Rhyming the future

N'we Jinan hip-hop project tours Eeyou Istchee

by Amy German

Montreal hip-hop artist and youth worker David Hodges is bringing hip-hop beats and rhymes to Cree youth across Eeyou Istchee. Cree Nation Youth Council is using the tour to provide young Cree with musical aspirations the opportunity to collaborate with a pro.

Starting in Waswanipi and ending a month later in Washaw Sibi, Hodges said he has changed the format that he used throughout his school tour in southern Quebec. Due to the flexible nature of the project, Hodges will shape his hip-hop/ spoken word/ slam poetry and public-speaking tour to fit the needs of each Cree community.

Speaking from Waswanipi, where the tour kicked off, Hodges said the objective of the project is to give the youth a voice and shed light on who is an individual on a "community creative level."

"I have a very adaptive nature and so I am always looking for the best solution for the best outcome. I wanted to do something in the community where everybody could get a little bit out of this," said Hodges.

By setting up a professional music studio in Waswanipi's youth centre, locals got the chance to express themselves in any capacity they wished while receiving instruction from a professional.

At the same time, Hodges is using *Notre Home*, a song he wrote with his band last year, and penning a Cree version of it that will be recorded by Cree youth, bit by bit, in each of the communities. At the same time, members of Hodges' crew are filming a documentary on this whole process.

"We are using singers from each community and they will each sing a part of the song, which when translated, will be called *N'we Jinan*. At the end of the tour, we will have a song and a compilation of videos and each community will be represented in it. The idea is to bring all the communities together," said Hodges.

The song will serve as a platform for the compilation of music that they began recording at the beginning of the tour. Hodges said they have been recording a great deal as they keep meeting incredibly talented people. Two days in and he had already recorded two songs with the youth who he described as "amazing!"

"WE ARE USING SINGERS FROM EACH COMMUNITY AND THEY WILL EACH SING A PART OF THE SONG, WHICH WHEN TRANSLATED, WILL BE CALLED N'WE JINAN. AT THE END OF THE TOUR, WE WILL HAVE A SONG AND A COMPILATION OF VIDEOS AND EACH COMMUNITY WILL BE REPRESENTED IN IT. THE IDEA IS TO BRING ALL THE COMMUNITIES TOGETHER."

"We had a trumpet player come out and a girl whose dream was to sing on a song –something she had never had the chance to do before. We got her in on the chorus and she did such a great job and then we recorded a couple of rappers on the song," said Hodges.

Only a few days into his month-long tour, Hodges is impressed by the youth he has met and delighted with the impact the project is having. He said there was already talk of setting up a studio in Waswanipi so that the youth could continue to be musically creative whenever they wanted.

"This project has really had an effect. While it may seem like we've been feeling things out, there is a structure and schedule to this and we are following it. But when you are dealing with so many different types of people, it's not going to be the same every time," said Hodges.

And with that in mind, Hodges is excited about how the project will unfold in the rest of the Cree Nation.

For those who want to see what is coming your way or what has happened in other communities, the CNYC has posted clips of the project on its Facebook page: www.facebook.com/groups/cnyc1

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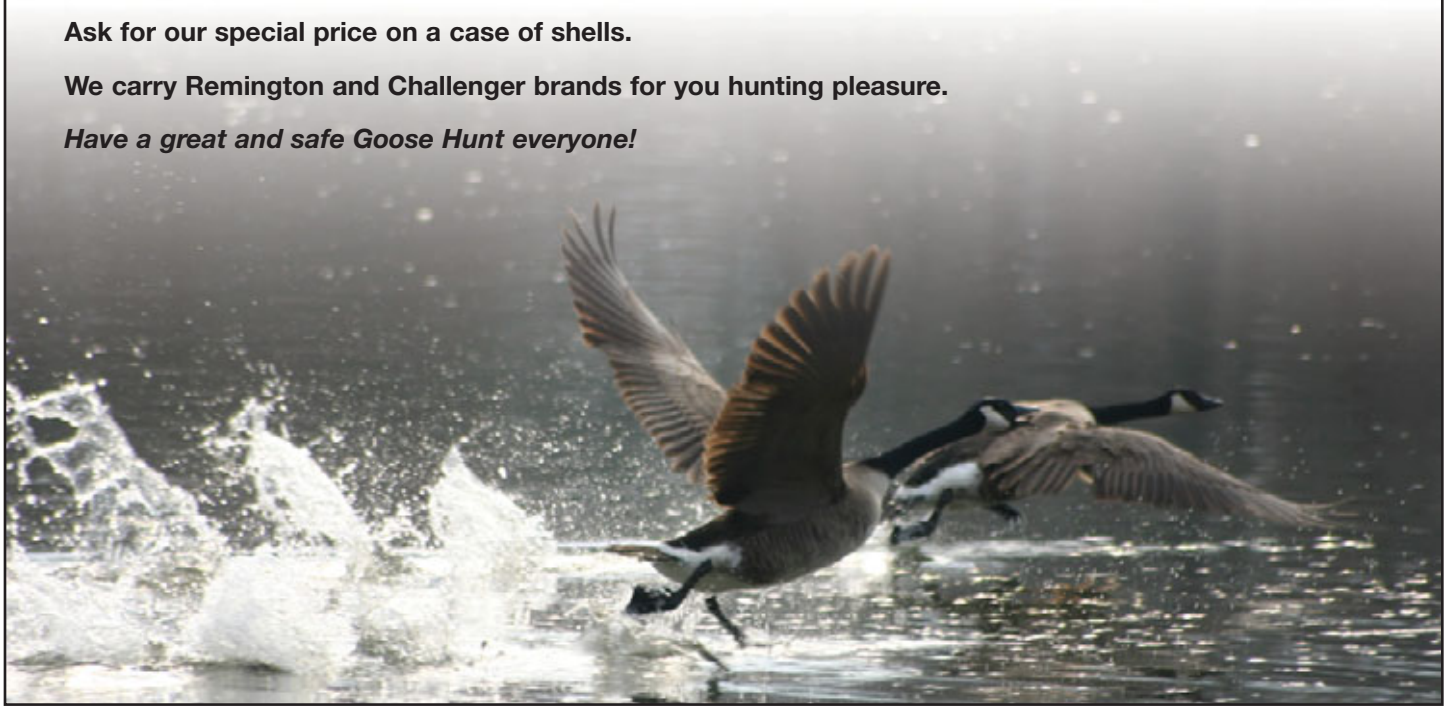


Nation

The Nation Directory is now online!

Go to directory.nationnews.ca

The directory also includes the James Bay Cree Phonebook and more.

If you are a business and would like to be listed for 6 months in the directory for FREE, please contact Sarah at sarah@beesum-communications.com to add your business profile!

Not innovative enough?

Unexpected funding cut rocks Presence Autochtone

by Akiva Levitas

At a time when the Presence Autochtone festival is putting out its calls for artist entries, the Partenariat of the Quartier des Spectacles (PQS) withdrew its funding completely from the First Nations summer festival.

Since the Presence Autochtone festival moved to the Quartier des Spectacles in downtown Montreal in 2010 they had been receiving a bursary of $100,000 from a PQS budget devoted to innovative festivals. Last year, that sum was cut to $50,000, which still represented 20% of the festival's total budget. The loss of this sum left organizers from Land InSights scrambling to save the event.

In response to the cut, Land InSights President André Dudemaine reworked the programming to ensure it continues innovating in its approach.

"I was not afraid of losing the subsidy because we are always changing and improving our programming," Dudemaine said. "After they cut the funding down to half, I asked them 'why?' and they responded that we are not innovative enough."

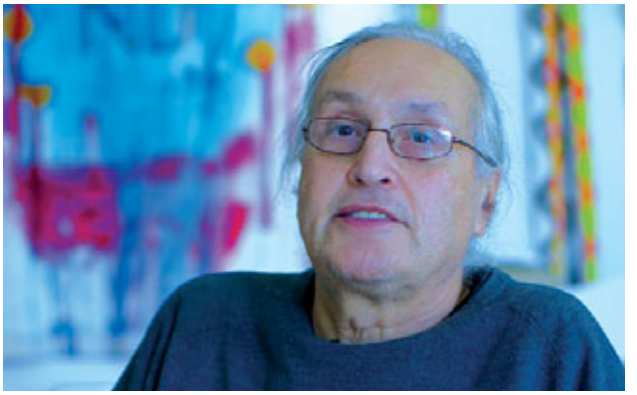
But Dudemaine and his supporters believe that the festival has been producing an innovative line-up of concerts and art exhibits through its history.

"We're having an Innu artist Shauit collaborating with DJ Poirier, a very famous Montreal artist," Dudemaine said. "This kind of collaboration is both unique and innovative. But they answered back saying that we gave concerts last year."

The frustration in Dudemaine's voice was palpable as he recounted the way the PQS refused to recognize the festival's innovative programming. "We have always been an Aboriginal festival and the only one of its kind so to say that we are not being innovative is, pardon my expression, pure bullshit," said Dudemaine.

After the shock of last year's cut, Dudemaine made it a priority for the festival organizers to put together a completely revamped programming for the event in the hopes of achieving the PQS' standards for innovative programming.

"Looking at the partners of the PQS, we see the other festivals which have access to funds that we don't have access," Dudemaine explained. "For them losing a $100,000 subvention will not affect their programming,



Land InSights President André Dudemaine

but for us it will be felt immensely. But the PQS knows our financial situation so by cutting us off they know it hurts really bad."

PQS Director General Pierre Fortin defended the budget cuts. "In 2010, Presence Autochtone migrated to the Place des Festivals where we have provided an exceptional amount of aid in order to help the move." He followed by pointing out that although the PQS helps festivals achieve their footing, they are not an organization that provides subsidies over the long term.

"The funds of the PQS are meant to help support events which propose a distinctive program which encourages the artists to innovate," explained Pascal Lefebvre, programming head of the PQS. "In this sense, we feel that Presence Autochtone does not meet the requirements of our objective."

Dudemaine is frustrated by the lack of consistent support for downtown Montreal's only First Nations festival.

"We have been around for 24 years and it is not normal that we keep having to go from crisis to crisis," he said. "On one side, they tell us that yes First Nations make up an important part of the future of Quebec. But on the other hand, they drop support for our cultural presence in the city centres of Quebec."

Facing a March 31 deadline for artist entries, Dudemaine is fighting to secure the funding necessary to keep the festival growing. Despite the crisis, the festival is still going to be held at the downtown Place des Festivals.

UNDER THE NORTHERN SKY

Something new in OL'CD

by Xavier Kataquapit

Earning a living as an artist is not easy, but most of the time the rewards are amazing. Money is not the big motivation for me as a writer. Most writers in this country just get by. However, I find a lot of satisfaction being able to work at something I am passion about. This is the case for most artists, whether they are writers, visual artists, performance artists, dancers or musicians.

Every time I write a column or a story, I enjoy the process of creativity. When I start to put words to screen or paper I have an idea of what I want to cover and it makes me feel good to move ahead one word at a time to produce a story where there was nothing before. When I see my work in print or online and there is a public reaction to it then that makes everything worthwhile.

I know many artists and I have heard them make similar comments when it comes to producing their art. Recently, I had the chance to chat with Wesley Martin, a young friend of mine who is a musician from Six Nations. Wesley reminded me of just how privileged anyone is to have the life of an artist.

I met him after he had just returned from touring Ontario and Quebec with his band, OL'CD. He was so enthusiastic and still beaming with stage lights in his eyes when I had coffee with him. He talked about how great it was to hit the road in a van with his fellow bandmates. He had great stories about the road, setting up the equipment at the various gigs and then rocking the night away for wild crowds of young people.

Over the years I have come to know many artists and a lot of them are musicians. Wesley is my favourite for the simple fact that he is so devoted to his music. I recall first hearing him play guitar and sing when he was just a little boy. At that point he was in a group called Breaking Wind that performed in the Hamilton area. I could see then that he wanted to be on stage, singing and playing his heart out. He kept at it over the years and never gave up the dream, which led him to taking a music program at Fanshawe College in London.

Over the past few years he has been honing his skills as a singer, songwriter and guitarist. His recent education has provided him a solid foundation in terms of what it takes to make it in the music business. He studied everything from sound recording to management to performance staging.

Like most artists, Wesley needed support to enable him to follow his musical passions.

Lucky for him, parents Chris and Luanne Martin provided the fertile ground where he could access musical instruments and find encouragement to play and sing. His dad Chris has always been a natural on guitar and Wesley's brothers Chris Jr. and Glenn also play instruments and are creative as writers, musicians and actors. His grandparents, John and Norma Bradley, all of his immediate family and his extended family on Six Nations have all played a part in turning a determined young boy with a guitar into a blossoming musician with hundreds of fans at his back.

Wesley and his band OL'CD are all about good solid rock'n'roll. They are focused, tight and original, and they know how to entertain a crowd. Currently, they are preparing for the release of their CD titled Choco Moloko. You can listen to their music on their website at www.olcdmusic.com, their Facebook page at OLCDmusic or the twitter page @OLCD_music. If you are a First Nation community, organization or group looking for exciting live music, contact the band.

My favourite tune is "Now's The Time." It describes the band's philosophy to making music and life in general. Wesley has found his soulmates in OL'CD members Cam Hilborn, Richard Stewart and Brad Picard. They are the real thing when it comes to crafting exciting original tunes, they can play tons of covers when the crowd demands it, they are sophisticated musicians and at one with their instruments, they are hi-tech savvy and they know what it takes to get their music out there.

Wesley is proud of his Mohawk ancestry and hails from a vibrant First Nation that has produced many prominent artists. Two of its most famous sons – rocker Robbie Robertson and actor Graham Greene – are role models for Wesley. Right now he is running down many of the same trails these two powerhouse artists once trekked and he's enjoying every minute of it. The time for OL'CD is now.

Department of
Justice and Correctional Services

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